



Kabaabka Dhalo-cadaha

Xaddiga Cuntada 4 | Waqtiga diyaarinta 15 daqiiqo. | Waqtiga guud 35 daqiiqo.

Qalabka:

Saxanka foornada
Sufurka ama xaanshida saloolka (ikhtiyaari)
Khudaar hoole
Baaquli weyn

Maacuunta:

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo (haddii la isticmaalayo)
2 koob oo dhalo-cadde ah (qiyaastii kala-bar ka mid ah madaxa dhalo-caddaha)
1 ukun
3 qaaddo oo bur ah
1/4 koob oo farmaajada adag ah, la firay
1/4 qaaddo oo filfil ah

Macluumaadka Nafaqada:

Kalooriyada 80
Dufanka Guud 4g
Cusbada 80mg
Karbohaydaraydhka Guud 8g
Borotiinka 5g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Dulsaar saxanka foornada oo lagu buufiyay wax yar oo saliida cuntada birta lagu buufiyo ama khadka leh xaanshida saloolka ama magubatada birta.
3. Ku hool dhalo-cadaha baaquli weyn adigoo isticmaalaya gododka waaweyn ee khudaar hoolaha.
4. Waxaad ukunta, burka, farmaajada, iyo filfisha ku dartaa dhalo-cadaha, si fiican isugu walaaq.
5. Ka samee ilaa 20 kubbadood ama ulood dhafdhafka dhalo-cadaha. Si siman ugu qeybi saxanka dubista ee kuu diyaarsan.
6. Dub ilaa 20 daqiiqo.